

FLEET AND FAMILY SUPPORT CENTER

SCHEDULE OF CLASSES FOR MARCH 2004

Registration is required. Call 656-3060.

Winning Interviews:

Wednesday 3 Mar 1:00 – 3:00 FFSC, Bldg 3

Veteran's Benefits Brief: Obtaining information on your veteran's benefits can assist you with your future retirement/separation planning. Topics discussed: Education (MGIB), Disability Compensation, VA Home Loans, State Benefits for Veterans and Dependents, Supplemental Insurance, Vocational Rehabilitation, Servicemen's Group Life Insurance (SGLI) conversion and a question/answer session.

Tuesday 9 Mar 1:00 – 3:00 FFSC, Bldg 3

Introduction to Savings & Investments, Part 1:

Wednesday 10 Mar 1:00 – 3:00 FFSC, Bldg 3

Creating and Maintaining Intimacy in your Marriage: A six-hour seminar focusing on communications skills, problem solving, listening, and resolving conflict. Couples will learn how to improve communications and friendships with significant others. Co-sponsored by the Army Community Services (ACS) and the Navy Fleet and Family Support Center (FFSC). **FREE childcare is available and registration is required.** Call FFSC or ACS (242-7653)

Saturday 13 Mar 9:00 a.m. – 3:00 p.m. ACS, Ord Military Community

Introduction to Savings & Investments, Part 2:

Wednesday 17 Mar 1:00 – 3:00 FFSC, Bldg 3

Stress Management: This class will focus on techniques to cope with stress and reduce tension in your life. You will be taught how to formulate a plan of action to reduce stressors.

Monday 22 Mar 4:15 – 5:45 FFSC, Bldg 2

CONSEP Training: CONSEP (Career Options and Navy Skills Evaluation Program) is a four-day workshop that helps sailors to make important decisions about their careers by focusing on personal planning, financial planning, and navy and civilian career planning. This is a mid-career course designed for military personnel with 6-12 years of service who are within 18-24 months from their EAOS.

Tuesday-Friday 23 – 26 Mar 8:00 – 4:00 FFSC, Bldg 3

Magic 1, 2, 3 Parenting Class: Sharpen your parenting skills. This program is for parents of children, ages 2 ½ to 12 years. Learn to discipline without nagging, yelling, or arguing. Learn ways to reinforce positive behavior.

Tuesday 30 Mar 4:15 – 5:45 FFSC, Bldg 2

How to Write a Good Resume:

Wednesday 31 Mar 1:00 – 3:00 FFSC, Bldg 3

On-Going Classes

Chess Group:

Wednesdays	2:30 – 3:45 p.m.	La Mesa Community Center
Advanced Group	3:00 – 4:30 p.m.	

Thursdays	2:30 – 3:45 p.m.	OMC Chapel
Advanced Group	3:30 – 4:30 p.m.	

Toddler Play Group:

Fridays	10:30 – 11:45 a.m.	La Mesa Community Center
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